

## Powerless worksheet

I want it my way... but its not doing so well.

1. We write down character traits that we have practiced and participated in over the past year. Actions will often testify what is important to us. (Godly traits - Truth, love, mercy, forgiveness, generous, just, peace, compassion, patient) or (sin - dishonest, resentful, withdrawn from intimacy, hold grudges, passive aggressive, sarcastic, fault-finding, impatient, miserly, anxious, irritated, discontent, uncaring, unfair)
2. We describe our usual attitude in our thoughts toward others, self, and the world. Are we objective, confident, and at peace? What messages do we think to ourselves about us and the world around us? What kind of feelings do such thoughts provoke within us? Do we redirect ourselves to apply Godly character? What would our life look like if we practiced more of God's character? How would we think of others who were more patient, compassionate, and truthful? Have we experienced such character to even know what it is like?
3. How can new messages that better align with God's character improve our emotional response or attitude? Do we want less anxiety, fear, anger? Imagine spending time reflecting upon the good that is in the world and seeking out actions which brought forth Godly traits. What would that do in minds and hearts of others or ourselves?

Each day we can decide what role we are to take within our thoughts and mental attitudes which can affect our spiritual condition. Followers of God can actively seek to perform God's will more and more through simple acts of Godly character and learn from the results of such actions. Many of us have selfish thoughts of fear, pride, or anger which can block us. We must not let such thinking control us. If we obey the anger or fear we will be less likely to follow God. So we can begin with seeking faith, truth, and forgiveness that can set us free. We can learn the destructive ways within us which can keep ourselves away from God's restorative character. We can write down the messages we tell ourselves to avoid God's grace and share them with a spiritual mentor. We can seek correction within our thought messages, attitudes, and actions.

To correct our method of thinking takes time and practice toward God's way. Healing takes time and our wounds from past experiences can hurt. Perseverance and endurance may be required for corrective action to settle into our beliefs. Perseverance to face and correct our destructive mental attitudes, piece by piece, over time can bring much spiritual good within us and outward to others.

God's way is far more beneficial than what we know. Are we willing to trust in God's ways, little by little, each day to see how they can improve our spiritual condition? The choice each day will be ours, if we consider it. We can grow more with God, if we follow God's purpose, righteousness, and grace with increasing measure of good.